

2021-2022

BMS LADY EAGLE ATHLETICS

Dear Athletes and Parents:

Welcome to the Athletic program at Benold Middle School. We are pleased to have you as a part of our program. The athletic program at Benold has been very successful in past years, and we expect this year to follow suit!!

As coaches, we work hard to give our best to the student athletes that we coach and we expect the same effort from our players. Athletes are encouraged to be leaders academically and in various school clubs and organizations. However, academic success should be considered their number one priority. It is the athlete's responsibility to keep her grades as high as possible. We will check grades every three weeks. We expect your daughter to be accountable and to ask for help if and when she needs it.

We require that every team member be present at all team activities. We do understand that there may be extenuating circumstances that cause an occasional problem, and we will deal with those on an individual basis. Coaches should be contacted in advance if a player is going to miss a practice or game. **Please send an email or leave a message on our voice mail at 943-5000, ext. 6993.**

In addition to teaching skills to be a successful athlete in any sport, our goal is to teach each player life-long skills such as teamwork, commitment, goal setting, work ethic, and responsibility. As coaches, we are committed to this program and a successful year. With the commitment of our athletes and the interest and positive support of parents, we will have a great year! If you have any questions or concerns regarding your daughter or our program, please call us.

Please read through and discuss the following documents with your athlete. The coaches are proud of BENOLD MIDDLE SCHOOL and our athletic program.

Choosing to be a member of the Benold Athletic program requires hard work and dedication. Athletes will be held accountable to the program's expectations.

Please **SIGN AND RETURN the ATHLETE/PARENTAL ACKNOWLEDGEMENT FORM** (blue) and keep this packet for your reference.

Coach Elizabeth Graham, Girls' Coordinator
Coach Jonathan Blissit
Coach Luke Landry
Coach Lauren Sikes
Coach Alyssa Walker

ATHLETE RESPONSIBILITIES:

POLICY AND PROCEDURES

1. Always be on time or early.
2. Follow all GISD and Benold Middle School's rules and Code of Conduct.
3. Keep the locker room area clean and take care of equipment.
4. Each athlete will be issued a lock and locker. **Use your lock EVERYDAY to secure your personal items.** The school and coaches are not responsible for any personal items not secured. Lost locks will result in a \$5 charge to replace the lock.
5. Wear the proper athletic uniform daily. No jewelry. Hair should be up and out of your face. No chewing gum during practice. **WASH YOUR UNIFORM DAILY.**
6. Set **high behavior standards** for yourself. Athletes will be assigned disciplinary conditioning if assigned lunch detention, ISS or OSS.
7. **BE A ROLE MODEL. SHOW RESPECT TO OTHERS! BE KIND!!**

*****IMPORTANT*****

****Please read and follow the new Georgetown ISD Athletic Handbook (found online at www.georgetownisd.org under Departments>Athletics>Student-Athlete Code of Conduct Handbook**

CELL PHONE/ PERSONAL DEVICE POLICY

Cell phones...

1. Can be used on the bus to and from games to listen to music or communicate with parents. **SOCIAL MEDIA IS NOT ALLOWED!**
2. Are **NOT** to be used at competitions. Athletes are expected to watch the games, cheer and support their teammates.
3. Should be turned **OFF** and secured in the Athlete's locker during the Athletic period and during practices.

*******IT IS NEVER OK TO USE CELL PHONES/PERSONAL DEVICES IN THE LOCKER ROOM*******

ELIGIBILITY

Students must be academically eligible to participate in athletic competitions. Students can lose eligibility at the first 6 weeks grading period and every 9 week grading period thereafter. Students can regain eligibility every 3 week grading period.

LADY EAGLE TRAVEL PROCEDURES:

Transportation will be provided to and from athletic contests. Athletes are strongly encouraged to ride the bus after a contest. Post-game time is extremely important for team bonding and game review. If an athlete must ride home with another athlete's parent, please provide written or emailed documentation to her coach in advance, and the athlete must get signed out after the competition. All trips will have a bus seating chart that will be followed to and from the game. Roll will be taken before departure and return from contests. Failure to follow correct checkout rules can result in disciplinary action.

STUDENT-ATHLETE CONDUCT STATEMENT

Members of the BENOLD LADY EAGLE ATHLETIC PROGRAM need to conduct themselves in a manner that will bring pride and honor to BENOLD MIDDLE SCHOOL, the athletic program, self, and the Georgetown community. No athlete has the right to do or say anything that might hurt, embarrass, or degrade herself, her peers, her teachers, her teammates, her coaches and the opposing teams. Detrimental conduct will be handled with the appropriate disciplinary action.

POSSIBLE PENALTIES FOR INAPPROPRIATE PLAYER CONDUCT

- Physical Conditioning (before or after school)
- Behavior Contract
- Game or games Suspension

- Dismissal from team or Athletics Class

PENALTIES FOR MAJOR INFRACTIONS TO THE ATHLETIC HANDBOOK:

See GISD Athletic Code of Conduct

CONFLICTS WITH PROCEDURES OR PERSONNEL

This section is included for conflict resolution purposes between PLAYER and COACH or PARENT and COACH. Any conflict should be addressed in accordance to the following protocol:

1. Student meeting with coaches.
2. Student and parent meeting with coaches at a mutually appointed time **(not after a game or practice)**
3. Meet with the campus athletic coordinator, coach and athletic director at a mutually appointed time.
4. Meet with a campus athletic coordinator, GISD athletic director and principal at a mutually appointed time.

PRACTICE/GAME ATTENDANCE POLICY

1. Players must give prior notification to their coach that they will not be able to attend practice, unless there is an extenuating circumstance.
2. The player must make up the previous day's practice upon return, using our pre-determined make-up workout that includes conditioning and sport specific drills, at a time agreed upon by a coach. An athlete that misses five or more consecutive days of practice will be required to complete five make-up workouts.
3. Habitual absences will cause a loss in playing opportunities. An athlete may be required to sit out of competition if practices are not made up in a timely manner.
4. Morning make-ups should begin by 7:30a.m. and afternoon make-ups should start as soon as possible after school is out.
5. Members of any Lady Eagle team will attend all competitions. School sport commitments must come before outside activity commitments. If a game is missed, a player will be charged one

game suspension for the first game missed and 2 make-up practices for every additional game missed. Playing time will also be affected.

GEORGETOWN ISD MIDDLE SCHOOL ATHLETIC INJURY POLICY

If a student-athlete is injured or sick and cannot participate in athletics, he/she may bring a note from a parent or guardian that will be valid for **two days only**. After such time, he/she must resume participation unless a doctor's note or a note from the athletic trainer is provided. The note for doctors to fill out can be found on the GHS Athletic Training website at <https://sites.google.com/georgetownisd.org/ghsathletictraining> under the section entitled "Files and Handouts." A doctor's note is required for any injury or illness that limits participation in Athletics, which also includes follow up visits. Head injuries must be reported to the GHS Athletic Trainers or coaches promptly.

If a student-athlete brings a note from the doctor stating that he/she may not participate for a certain number of days, he/she will not be allowed to participate until those days expire or until he/she has a new note provided from the doctor. A parent or guardian may not override a doctor's note. Depending on the injury and at the doctor's discretion, the student-athlete may be asked to participate in activities that do not interfere with the injury and/or seek treatment/therapy at the GHS Athletic Training Room from one of our Athletic Trainers.

Any restrictions placed on the student-athlete for school sponsored sports, are also to be followed while that student-athlete participates with their club team (Ex.: If you are not allowed to work out with your school team, you must not work out with your club team).

For any injury-related questions, you may contact the GHS Athletic Trainers at the high school by calling (512) 943-5000 ext. 7213 or ext. 7200. You may also visit the Athletic Training website by going to <http://www.georgetownisd.org/Page/6410>

Middle School Training Room Hours:

GHS Athletic Trainers are available daily at 7:00am. However, we will have a middle school athletic trainer at Benold 2-3 times per week. She will be the primary trainer for our athletes.

BENOLD LADY EAGLE PARENTAL ACKNOWLEDGEMENT

I/we have read and understand the procedures governing the Benold Lady Eagle athletic program. I/we will adhere to the rules and regulations as stated in this document.

Parent/Guardian Name (Printed)

Parent/Guardian Signature

Date

_____ Grade _____

Athlete Name (Printed)

Athlete Signature

Date